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January 6, 2005

Office of Nutritional Products Labeling and Dietary Supplements (HFS-810) Center for Food Safety and Applied Nutrition U.S. Food and Drug Administration 5100 Paint Branch Parkway College Park, MD 20740-3835

Jan 27 2005

Dear Sir or Madam;

This letter will serve as a 30-day notification, pursuant to 403 (r) (6) of the Federal Food, Drug & Cosmetic Act and regulations promulgated thereunder.

Product Manufacturer:

IdeaSphere Inc.

150 Motor Parkway Hauppauge, NY 11788

Text of statement being made: "supports healthy immune system function"

"helps support a healthy immune system"

Dietary supplement ingredients: L-Lysine.

Dietary supplement brand and name: Twinlab L-LYSINE

As required, enclosed are two photocopies of this notification.

The signee certifies that the information contained in this notice is complete and accurate, and that IdeaSphere Inc., has substantiation that the statements being made are truthful and not misleading.

Sincerely,

Myron Lyskanycz Vice President of Marketing IdeaSphere Inc.

975 0102 LET 15458

Enclosures